



Meals on Wheels menu July 2018

Mon	Tues	Wed	Thur	Fri
Tuna salad with lettuce and tomato Potato salad Crackers Apple Beverage 2	Chicken tetrazzini Peas and carrots Squash Oatmeal cookie Beverage 3	HOLIDAY 4	BBQ chicken Turnip greens Cole slaw Baked macaroni and cheese Fruit cup Beverage 5	Roast beef with gravy Harvard beets Green beans Yellow rice Yogurt Beverage 6
BBQ pulled pork Black-eyed peas Collard greens Corn muffin with margarine Fresh fruit Beverage 9	Baked chicken with gravy Summer squash Green beans Brown rice Banana pudding Beverage 10	Spaghetti in meat sauce Steamed broccoli Tossed salad with Italian salad dressing Gelatin with fruit Beverage 11	Sausage with peppers and onions Cabbage Field peas Rice Yogurt Beverage 12	Chicken salad sandwich on whole wheat bun with lettuce, tomato Potato salad Fresh fruit Beverage 13
Oven-baked ham Lima beans Collard greens Whole wheat roll with margarine Fresh fruit Beverage 16	Lemon herb chicken Whole kernel and creamed corn Stewed tomatoes Rice Fruit cup Beverage 17	Riblet sandwich on a hoagie roll Potato wedges Tomato and cucumber salad Cookie Beverage 18	Beef stew Peas and carrots Tossed salad with dressing Brown rice Cinnamon applesauce Beverage 19	Herb baked fish with tartar sauce Baked beans Cole slaw Whole wheat roll w/margarine Fresh fruit Beverage 20
Beef Stroganoff Lima beans Sliced carrots Apple crisp Beverage 23	BBQ chicken Scalloped potatoes Broccoli Whole wheat roll Fresh fruit Beverage 24	Sausage with peppers and onions Peas Cabbage Rice Cookie Beverage 25	Chicken fricassee Turnip greens Mixed veggies Cornbread muffin with margarine Yogurt Beverage 26	Salisbury steak with gravy Mashed potatoes Steamed broccoli Whole wheat roll with margarine Peach cobbler Beverage 27
Tuna salad with lettuce and tomato Potato salad Crackers Apple Beverage 30	Chicken tetrazzini Peas and carrots Squash Oatmeal cookie Beverage 31			

*Menu subject to market availability

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